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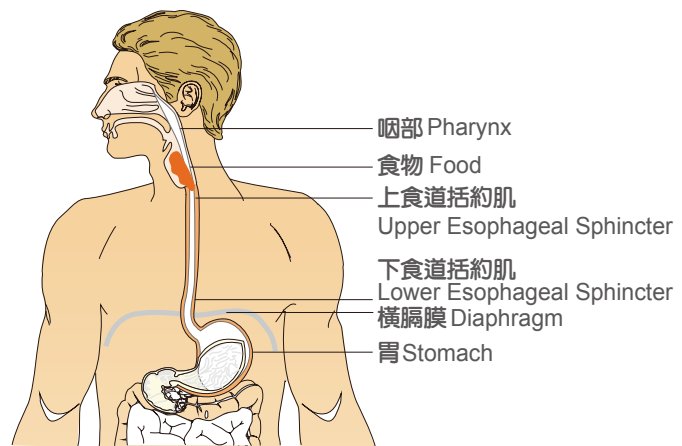
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What is difficulty in swallowing?

After the food is chewed adequately and is mixed with saliva in the mouth, it enters the throat. At that moment, the epiglottis covers the trachea and leaves the esophagus open. This allows the food to enter the stomach for digestion and absorption. Difficulty in swallowing occurs when any of the above actions cannot be coordinated.

什麼是吞嚥困難?

食物通過食道到達胃部進行消化吸收，必須在口腔內經過嚼碎，並與唾液充分混和後，透過吞嚥的動作讓食物進入咽喉，此時會厭軟骨會將氣管蓋住，留下食道的通道，讓食物順利通過。當上述任何一個動作環節無法協調配合時，就會產生吞嚥困難。



How to assist patients with eating

1. The techniques for helping patients eat depend on the actual problem with swallowing. Please communicate with medical personnel before trying to help patients eat. If you have any problems, please call the health consultation hotline.
2. Provide adequate time and a quiet environment to let patients concentrate on eating.
3. Assess if the diet is suitable for patients and gradually test with different quantities and textures, such as solid, semi-solid, pureed or liquid food; dice the food.

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如何協助病人進食

1. 協助病人進食，需視病人實際吞嚥狀況來決定。因此，協助病人進食前，須經醫療人員評估後再開始進行，如有任何問題請洽詢專業諮詢專線。
2. 提供充裕的時間及安靜的環境，讓病人專心進食。
3. 評估適合病患的飲食，以不同性質的食物採漸進方式作測試，如固體、半固體、糊狀物或液體食物，並將食物切成小塊。



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4. If patients have only one side that cannot swallow, then the food should be placed on the healthy side or the base of the tongue. The residual swallowing reflex of the healthy side can help in swallowing the food.
5. Provide small and frequent meals.
6. Patients should sit upright at 60~90 degrees when eating. A small spoon containing 3-5 cc of drinking water should be used three times to test for choking. If patients choke, the meal should be stopped immediately.



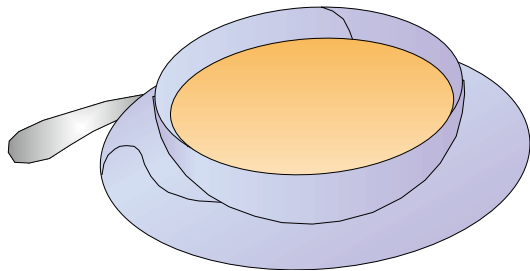
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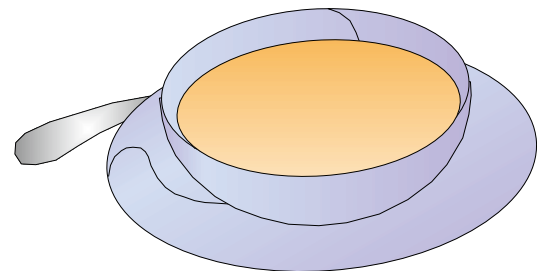
4. 若病人只有一側不能吞嚥，則應該將食物放在健側或舌根，利用健側仍有殘留的吞嚥反射，將食物吞嚥下去。
5. 採少量多餐的方式進食。
6. 病人進食前應採60~90度坐姿，以小湯匙用3-5cc的開水試喝三次，測試病患目前的吞嚥狀況，若病人有噎咳情形，應立刻停止進餐。

7. After each portion, make sure patients have swallowed the food and no wet voice, then proceed with another portion.
8. After each meal, raise the head of the bed for 30 to 45 degree or have the patient sit upright for 20-30 minutes. Oral care should be provided.
9. If choking occurs when drinking water or swallowing very slowly, then try thicker food such as congee, lotus root paste, or mashed potato, or blend the cooked food (meat, noodles, vegetables, etc.) into pureed congee, or fruit puree.



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7. 每次給予食物前，要確定病人已將食物完全吞下後，且無濕濡聲，才可再給下一口食物。
8. 餐後，維持床頭抬高30至45度或坐直姿勢休息 20-30 分鐘，並給予口腔清潔。
9. 如果喝水容易嗆到或吞嚥較慢，可試試較黏稠的食物，如鹹稀飯、藕粉、馬鈴薯泥或用果汁機將煮熟的食物（肉、麵、菜…等）打成濃稠的稀飯泥、果泥。



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10. A suggested method of cooking is to add thickening to make the food smoother for swallowing, for example, cream soup, thick soup, rice milk, seasoned millet mush, or a thick commercial formula (e.g. Ensure, oat porridge, ThickenUP or Resource ThickenUP Clear, or Toromi up.)

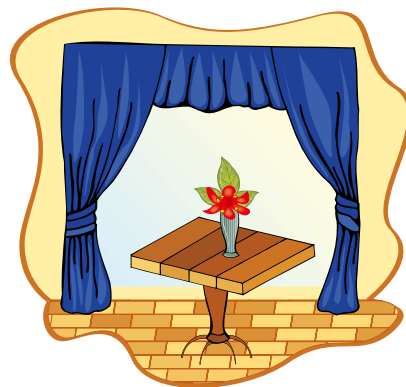
11. Try to create a happy and warm dining atmosphere by including such things as soft lighting, soft music, or favorite tableware of the patients. Most importantly, family and friends should eat with patients.

12. If difficulty in swallowing or inappetence is caused by a mood disorder, patients should receive treatment from a psychiatrist.

10. 烹調方面，建議可使用芶芡的方式，使食物滑嫩而易於吞嚥，例如：濃湯、羹湯、米漿、麵茶或濃度較高的商業配方(安素、麥粉、快凝寶、日清多樂密UP…)等。

11. 盡量營造愉快溫馨的用餐氣氛，如，柔和的燈光、播放輕音樂、使用患者喜愛的餐具等，重要的是親友能一起陪同用餐。

12. 若為情緒問題所引發的食慾不振或厭食，需同時接受精神科醫師治療。



13. Provide oral massage and tongue movement between two meals or before taking meal to increase the arousal of oral nerves and to promote the recovery of the ability to swallow.

■ Massage methods:

Before massaging, please wash your hands. Put your fingers into the month. Massage different parts including gums, teeth, internal cheek or external cheek and mouth. Use fingers and palm to massage with different methods (e.g. rub, beat, knead, pinch, point, pressure, shock, turn).

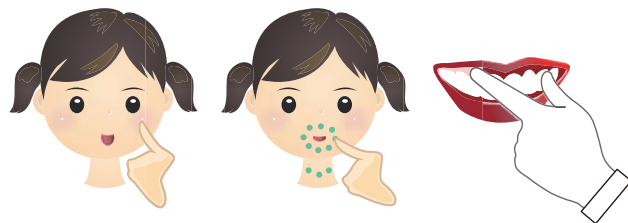
14. If there are some pneumonia signs such as fever, dehydration or sputum etc., please counsel with health care providers.

13. 平時可於兩餐中間或進食前給予口腔的按摩或舌頭運動，增加口腔神經的覺醒度，促進吞嚥功能的復甦。

■ 按摩方法：

按摩前，先將手洗乾淨，將手指伸進嘴巴內，在不同部位的牙齦、牙齒、內部臉頰做按摩，或在外部臉頰、嘴巴附近，利用手指、手掌以不同的手法（搓、拍、揉、捏、點、壓、震、轉等方式）進行按摩。

14. 若有發燒、脫水、痰液明顯增加…等疑似肺炎徵兆，請洽詢醫療人員。





Memorandum





佛教大林慈濟醫院

Buddhist Dailin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教大林慈濟醫院

Buddhist Dalin Tzu Chi Hospital

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如何協助吞嚥 困難病人進食

How to help patients
who have difficulty
in swallowing
(dysphagia) to eat

中英文